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NEWS  
WORTH  
SHARING.



## Man shot by cop to appear in court

Cockerill faces attempted-murder charge today **PAGE 6**

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Metabolism diet allows carbs and fatty foods **PAGE 14**

## MACKINNON ON A ROCKY MOUNTAIN HIGH

COLE HARBOUR NATIVE GOES FIRST OVERALL, TO AVALANCHE **PAGE 17**



## TRUE PATRIOT LOVE

Meghan MacMullin, 8, shields herself from the rain as she leaves the Canada Day festivities at Citadel Hill on Monday. For more on celebrations in Halifax, see story on page 3.

JEFF HARPER/METRO

# Talk to us, say Halifax cops

**Every bump in the night.** Residents asked to report suspicious activity as part of new intelligence-driven crime-fighting strategy



**RUTH DAVENPORT**  
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Police in Halifax say it's more important than ever for residents to report crime, no matter how minor.

RCMP and Halifax Regional Police have shifted to fighting crime using a new intelligence-based system that plots police data on "hotspot" maps that visually display current and emerging problems.

"We're at the point now where we will actually tell councillors, 'You've got an emerging issue in your area,'" said Halifax RCMP Chief Supt. Roland Wells.

### Inside

More details on Comstat's impact on property crime, at-risk youth on page 4.

The Comstat process isn't new, but RCMP analyst Sheila Serfas has refined it over the last four years to track repeat offences, offenders and victims, helping target crime series and trends.

The maps show that some hotspots have occurred in the same place for the last three years — meaning crime can be predicted, if someone's connecting the dots.

"Criminals don't do break-and-enter for five years, go to jail and come out and figure out a new way to break in," said Serfas. "They do what worked for them the 500 times before they got caught."

Serfas presents statistics and maps at meetings held every three weeks, helping senior commanders plan

crime-reduction strategies.

She says the evolved Comstat has resulted in some significant successes, often as a result of citizens picking up the phone.

The more citizens report suspicious or criminal activity — even if it doesn't seem worthwhile — the larger the data pool and the more accurate the predictions.

"For every theft from (a) motor vehicle that we get reported, I can guarantee there are 10 that go unreported," she said. "I want to know."

Wells says the information is used to concentrate patrols and street checks in the hotspots, which might mean residents elsewhere are seeing fewer cruisers than usual.

He said that doesn't mean police are any less active.

"If you're not living in the high-crime zone, you shouldn't have visibility, that's a mis-deployment of resources," he said. "I want our people to be where they should be."

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Seeing dollar signs

## Private liquor stores cash in on Canada Day

Parades, fireworks and national anthems are all time-honoured Canada Day traditions.

So is cracking a cold one.

To the relief of Halifax residents who forgot NSLC stores would be closed on Monday, private liquor stores happily came to the rescue on the national holiday by keeping their doors open and their shelves stocked.

"It's markedly busier than usual," said Tristan Gray, an employee at Bishop's Cellar at Bishop's Landing.

Gray said beer and vodka — "the warm-weather drinks" — were big hits Monday.

Tracy Phillippi, marketing and promotions co-ordinator at the Garrison Brewery, said the lines for beer were long and the patio was packed.

"The girls who are working at the retail counter say they've sold more beer than they have in the last three Saturdays combined," said Phillippi. "Because we've had rain the past three days, people are ready to start drinking beer and enjoying themselves."

Phillippi said statutory holidays when NSLC stores are closed are a boon for breweries and private liquor stores.

"Any time the liquor stores are closed people go straight to the source of their beer," said Phillippi. "You can't blame them." **CLARK JANG/FOR METRO**

# Patriot love thicker than maple syrup

**Thoughts.** Halifax residents, visitors ruminate on what's great, what needs improvements, during Canada Day celebrations

**CLARK JANG**  
halifax@metronews.ca

Grey skies and a drizzly forecast weren't going to stop Janet Horofker from celebrating Canada's 146th birthday.

After moving from Columbus, Ga., Horofker and her husband donned their raincoats to celebrate their first Canada Day in the land of moose, hockey and maple syrup in more than 17 years.

"It's different than anything we've ever done before," said Horofker, overlooking the quad from the Citadel ramparts. "It gives you a real sense of history."

By noontime the Citadel Hill courtyard turned into a sea of red and white, with thousands of Canucks packing the old fort for the noontime gun, a performance by the Royal Nova Scotia International Tattoo choir, and free cake.

Around HRM, Canada Day kicked off with pancake breakfasts at the Grand Parade and Alderney Landing for the early birds, followed by the Royal Nova Scotia International Tattoo parade and a free concert headlined by Tokyo Police Club at Alderney Landing.

Horofker said the celebrations reminded her what she missed most about living



Members of the Hamburg Police Motorcycle Display Team perform stunts for the crowd during the annual Royal Nova Scotia International Tattoo Parade on Monday. **JEFF HARPER/METRO**

Quoted

"Today's a great chance to blend with the community of Canadians. I'm really proud to be here."

Karlene Boudreau at the Citadel Hill celebration

north of the 49th parallel — the community.

"It's hard to describe, there's a real difference in the people and the attitude," she said. "We felt at home when we came back."

Other Haligonians were passionate about what makes Canada a home country worth celebrating.



Halifax residents and tourists stand next to a huge Canadian flag as they watch the festivities at Citadel Hill on Monday. **JEFF HARPER/METRO**

"We have a bigger understanding of respect for people," said Karlene Boudreau of Hatchet Lake. "Across the world it's pretty sad with all the injustices to humanity."

Keith Kenny of Halifax said

freedom topped his list.

"To be able to raise my kids and for them to feel safe and secure," said the father of two at the Great Canadian Family Fun-Fest.

The day was also one of reflection about where the nation could use improvement.

"We need to put more effort into helping countries that need some of the freedoms we have," said Kenny.

Michaela Harris believes Canada could be more environmentally conscious.

"The landscape and scenery Canada has is truly spectacular," said the second-year Dalhousie student. "I'd like to see everywhere, not just in Canada, better environmental protection and green energy policies."

1 NEWS

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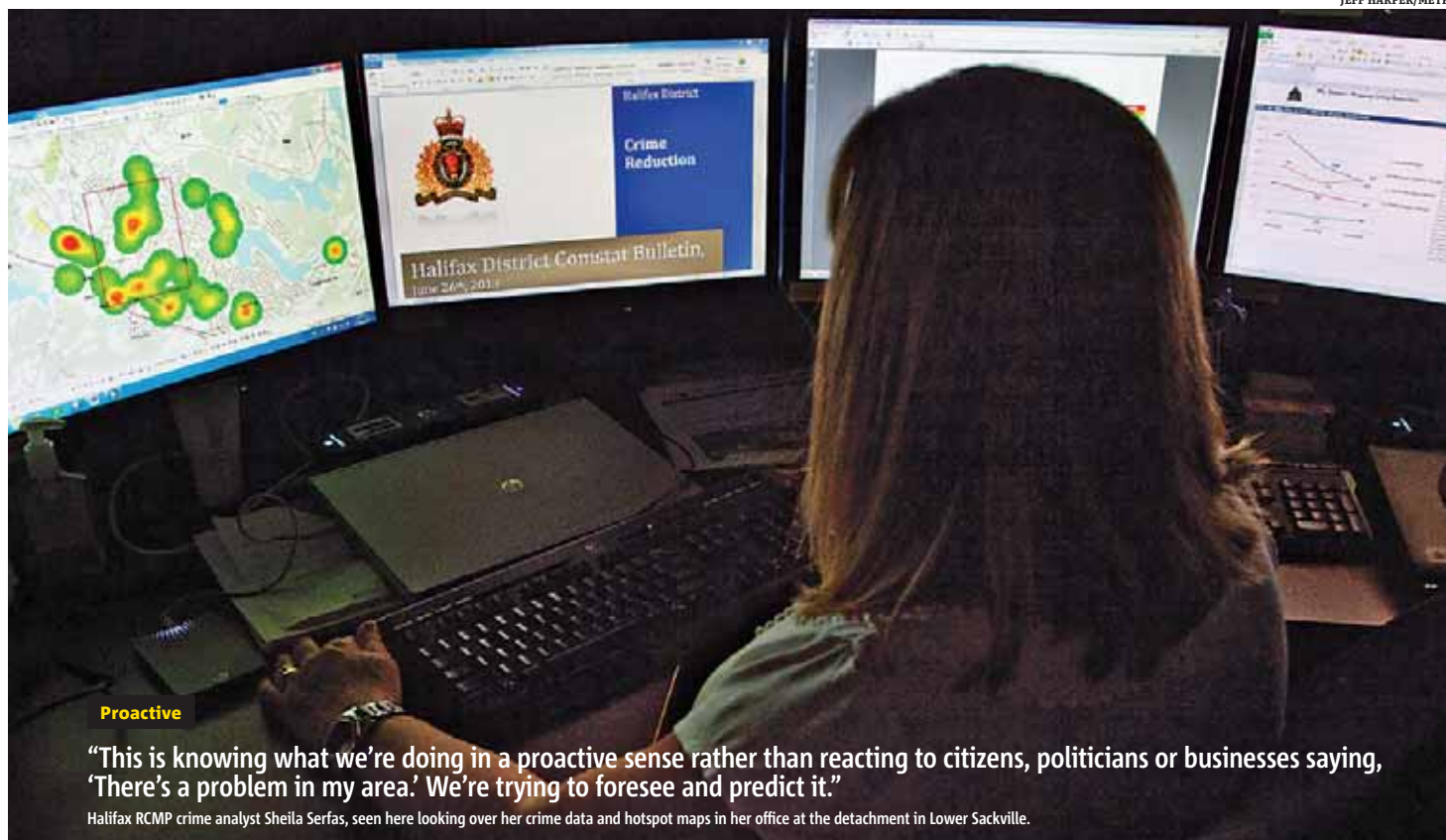
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## Proactive

**"This is knowing what we're doing in a proactive sense rather than reacting to citizens, politicians or businesses saying, 'There's a problem in my area.' We're trying to foresee and predict it."**

Halifax RCMP crime analyst Sheila Serfas, seen here looking over her crime data and hotspot maps in her office at the detachment in Lower Sackville.

# PREDICTING CRIME

An award-winning crime-tracking system developed by a Halifax RCMP analyst plots data on maps and helps police focus efforts where they're needed most — leading to “significant” reductions in crime stats over the past three years



**RUTH DAVENPORT**  
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Policing in Halifax is no longer just about boots on the street — it's about eyes on the screen getting the right boots on the right streets at the right time.

RCMP and Halifax Regional Police brass now target street and property crime using spatial intelligence, the process of mining daily calls and records for patterns and then plotting those on a map to show when and where crime is happening.

"It's a huge paradigm shift to have a civilian member say, 'I know that you think this is where you need to patrol, but ... this is what your data is telling you,'" said RCMP analyst Sheila Serfas, the driving force behind the strategy.

Serfas has spent four years developing the system that tracks known offenders, repeat victims, crime series and even traffic accidents to create a "big picture" of street

## Comstat

**"If the government said to me, 'We'll give you more resources,' I would say, 'Great, make them analysts.' That's how valuable (Comstat) is."**

Halifax RCMP Chief Supt. Roland Wells

crime in Halifax.

The hotspot maps are updated every three weeks to guide crime-reduction strategies, which are also plotted on the map.

"That's what the crime analyst is doing ... connecting the dots so that we have a more real-time response," said Serfas, who recently won an international award for HRM's one-of-a-kind system.

The RCMP officer in charge of Halifax said there's no arguing the Comstat, or computer statistics process, is the way of the future.

"When we've (previously) had success, it's been based on intuition and people's experiences and that's all great," said Officer in

Charge Chief Supt. Roland Wells. "But Sheila can tell us, based on fact, based on analytical process where we should be and what we should be doing."

Comstat was a tough sell, but the results now have senior officers asking for updated maps every week. In Year 1, Serfas said the number of break-and-enters plummeted by nearly 300 from the year before.

"We only cleared, by charge, one more file. But by targeting the people doing the breaks, we reduced by almost 300," she said.

Property crime, which accounts for most crime in HRM, has fallen in RCMP jurisdiction by an unprece-

ented 27 per cent over the past three years.

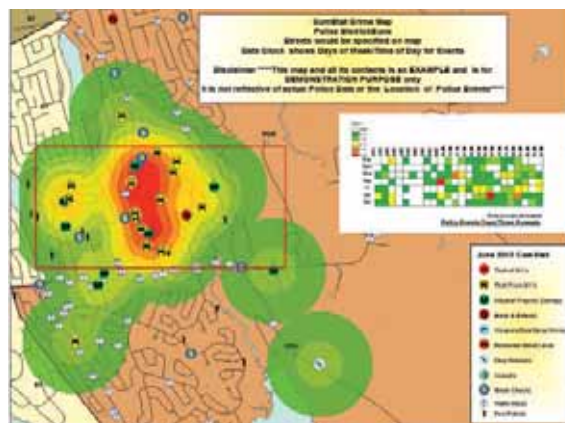
Wells said the numbers don't just look good, but they could also mean fewer violent crimes down the road.

"People would say, 'It's property crime, why aren't you dealing with the violent offenders?'" he said. "These people will be your violent

offenders.”

Serfas said the crime stats will eventually plateau, but the Comstat process and techniques will continue to evolve in the hope of finding further success.

"I don't even talk about buy-in anymore," she said. "It's just a way of life for us. This is what we do."



**A sample “hotspot” map similar to those created by RCMP crime analysts to plot crime trends and plan crime-reduction strategies. CONTRIBUTED**

## 'Getting upstream'

## New model helps get to the root causes of crime: Police

As a side effect of tracking crime stats more effectively, police officers are sometimes having to deal with issues that aren't strictly police business.

But RCMP Chief Supt. Roland Wells says that's part of what he calls the "getting upstream" approach.

"This is so that we're not overwhelmed downriver," he said. "We're getting up there saying, 'This is what's causing this criminality in this particular case and we're going to try to prevent it.'"

Through tracking calls for service and followup interviews, police officers can delve into the root causes of crime, or anti-social behaviour that ties up police resources.

"Sometimes these calls for service are expressions of other frustrations," said Wells, noting officers recently helped a repeat low-level offender find a job — and he hasn't reoffended since.

Diverting kids from criminal behaviour is another priority, and Wells said the Comstat process recently led community liaison officers to a 12-year-old who'd had several encounters with police.

The officers unearthed an "inner struggle" that was causing problems between the boy and his family, leading to brushes with the law. Wells said he's optimistic the issues are being resolved.

Given the current costs of incarceration, Wells said the Comstat process is worth its weight in gold if it reduces recidivism, or keeps people away from a life of crime altogether.

"If it works out to be even half as optimistic as what we think it is, it could lead to us not having to deal with criminality over a lifetime."

## Behind the numbers

12

The Comstat process led community liaison officers to a 12-year-old who'd had several encounters with police. The officers unearthed an "inner struggle" that was leading to brushes with the law.





## **Pockwock Water Transmission Main Upgrade**

Beginning the evening of Friday, July 5<sup>th</sup>, Halifax Water will be performing a scheduled shutdown to a section of the Pockwock water transmission main on Kearney Lake Road to allow for the renewal of 1.7km of 1200mm. diameter pipe at a cost of \$11 million. The Pockwock water supply serves customers in Halifax, Bedford, Sackville, Fall River, Waverley, and Timberlea, though not all customers will be affected by this work.

In order to facilitate this work, flow from the Pockwock water transmission main will be shut down for approximately 24 hours, beginning the evening of Friday, July 5<sup>th</sup> with customers supplied by a system of reservoirs, flows from Dartmouth via the MacDonald Bridge water line, and possibly the Chain Lake back-up water supply. Due to flow reversal in the distribution system, discoloured water may be experienced in some areas of Halifax and Dartmouth.

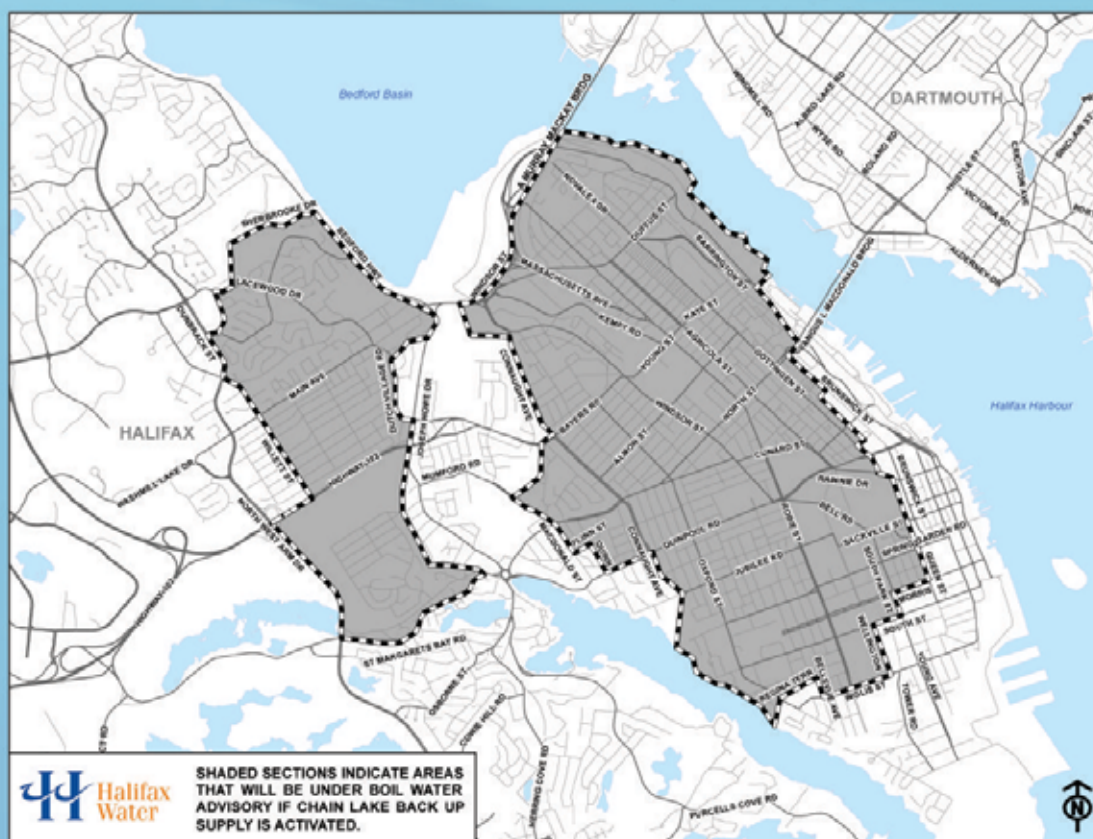
**If the Chain Lake back-up water supply is activated, a boil water advisory will be issued for affected customers.**

Should a boil water advisory be issued, some customers on the Halifax side of the harbour (see attached map) will be required to boil their water as a precautionary measure. **Only customers within the defined area on the map will be required to boil their water.**

**All Halifax Water customers are asked to reduce water usage (i.e. lawn/garden watering, car washing, pool filling, washing of laundry etc.) on July 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> while this phase of the project is undertaken as this will reduce the need to activate the Chain Lake supply and the resulting boil water advisory.**

Detailed instructions on water usage during a boil water advisory, project details, and frequently asked questions are available at [www.halifaxwater.ca](http://www.halifaxwater.ca), [www.halifax.ca](http://www.halifax.ca), Twitter at @HalifaxWater, by calling Halifax Water's Customer Service Centre at 490-4820, or offices of Nova Scotia Environment.

We apologize for any inconvenience as a result of this necessary work to upgrade water system infrastructure for the long term benefit of our customers.





## Attempted murder. Man shot by police due in court

A man shot by Halifax police during a foot chase in Dartmouth is scheduled to appear in court Tuesday, facing a charge of attempted murder.

Christopher Cockerill, 35, also faces charges of assaulting a police officer with a weapon, resisting arrest, uttering threats, escaping lawful custody, possession of a weapon for a dangerous purpose and carrying a concealed weapon.

Halifax Regional Police say Cockerill is accused of trying to stab an officer during a pursuit.

The incident began Thursday evening when officers tried to arrest the suspect at his Dartmouth apartment after a recent break-in.

The man allegedly tried to

### On the case

The independent provincial unit that investigates serious incidents involving police will review the shooting.

stab an officer before taking off on foot.

He was chased to a nearby ball field where he allegedly pulled a knife again, and was shot.

No officers were hurt. The man was taken to hospital for treatment of non-life-threatening injuries.

Cockerill is also charged in connection with the June 14 break and enter.

METRO

## More study required. Release of lobster-trap rebaiting device delayed

The need for more testing has delayed the release of a new tool designed to help Atlantic lobster fishermen cut down on costly trap-checking trips.

The Bait Savour — a time-delayed bait-release box designed to fit inside a lobster trap — is set to hit the market for the winter season, one year after its anticipated release date.

Vince Stuart, owner of a machine shop near Meteghan, wants to collect data during the summer and fall crabbing seasons to prove the benefits of the Bait Savour.

Other studies conducted over the winter were promising.

"What we have learned is that the process works in the field," said Stuart. "The device did what it's supposed

to do."

The Bait Savour fits inside an already baited lobster trap and rebaits it automatically.

This extends the amount of time fishermen can leave traps unattended but still baited.

A single day of inspecting traps can burn through \$700 of fuel.

Dalhousie University's iDLab director Matt d'Entremont, who collaborated with Stuart, said the project is important because of its potential impact on the rural economy.

"You can either make the (lobster) prices go up or you can fish more economically," he said. "(The Bait Savour) allows you to save money by fishing more economically."

THE CANADIAN PRESS



The Bait Savour is expected to help lobster fishermen leave traps unattended for longer periods of time. GETTY IMAGES



Tracey McCallum displays a mural at the Africville Heritage Trust Museum on June 28. The museum is housed in a replica of the Seaview African United Baptist Church, which once was the heart of Africville. The community was razed and the residents were relocated, but the memory of life on the shores of Bedford Basin is maintained with artifacts, historical writings and interactive media. ANDREW VAUGHAN/THE CANADIAN PRESS

# The secret's out at Africville museum

**Bedford Basin.** Replica church has attracted visitors from across North America wanting to hear long-neglected story of African Nova Scotian community



The Africville Heritage Trust Museum in Halifax.

ANDREW VAUGHAN/THE CANADIAN PRESS

### Quoted

"We have a lot of great ideas, but at this point we're just beginning."

Tracey McCallum, Africville Heritage Trust Museum

lum, assistant to the museum's executive director.

"It's an extremely important and rich part of Halifax's history, but it's kind of like, 'the secret,'" McCallum said in a recent interview. "Well, we're here to talk about it. It's an inspiring story."

During the mid-19th century, the church was an epicentre for the hundreds of families living on the banks

of the basin, some of whom could trace their roots there back to the 1700s.

But in the mid-1900s the village was destroyed, ostensibly to make way for the A. Murray MacKay Bridge and a container pier.

"What was done to them was an atrocity," said McCallum.

In 2010, then-Mayor Peter Kelly apologized for the de-

### Hours of operation

- The Africville Museum is open May 15 to Oct. 31, Tuesday to Sunday, 10 a.m. to 4 p.m.
- From Nov. 1 to May 14, it's open Tuesday to Friday, 10 a.m. to 4 p.m.
- For more information, visit [africvillemuseum.org](http://africvillemuseum.org).

struction of the community, offering \$3 million to rebuild the church.

About a year later, the museum officially opened and has since welcomed school groups and tourists from as far away as California, eager to hear the community's story of oppression.

The centre features a number of artifacts salvaged from the dislocation. Visitors can also hear stories from former Africville residents on one of several interactive screens.

McCallum said the replica church is only the beginning of a larger project that will eventually include an interpretive centre and a walking tour. THE CANADIAN PRESS



# Egypt's military standing by

## 'The people's demands'

Mohammed Morsi gets 48-hour ultimatum to reach agreement with his opponents or the military will intervene

Egypt's powerful military warned on Monday that it will intervene if the Islamist president doesn't "meet the people's demands," giving him and his opponents two days to reach an agreement in what it called a last chance. Hundreds of thousands of protesters massed for a second day calling on Mohammed Morsi to step down.

Military helicopters, some dangling Egyptian flags, swooped over Cairo's Tahrir Square where many broke into cheers with the army's announcement, read on state television. The statement seemed to fuel the flow of crowds into city squares around the country where protesters chanted and sang. It also puts enormous

## Chant

"Come out, el-Sissi. The people want to topple the regime!"

Protesters in the Nile Delta city of Mahalla el-Kubra changed, urging military chief Gen. Abdel-Fattah el-Sissi to intervene

pressure on Morsi and his Muslim Brotherhood. So far, the president has vowed he will remain in his position, but the opposition and crowds in the street — who numbered in the millions nationwide on Sunday — have made clear they will accept nothing less than his departure and a transition to early presidential elections.

Morsi met Monday with military chief Gen. Abdel-Fattah el-Sissi and Prime Minister Hesham Kandil, according to the president's Facebook page.

Troops in Cairo on Monday manned checkpoints on roads leading to a pro-Morsi rally of Islamists near his palace. They checked cars for weapons, after repeated reports some Islamists were arming themselves.

THE ASSOCIATED PRESS



Egyptian women react in Cairo on Monday to the military's 48-hour ultimatum for President Mohammed Morsi and opposition leaders to reach an agreement. AMR NABIL/THE ASSOCIATED PRESS

## Alleged murder-for-hire scheme. Puerto Rican woman accused in Canadian husband's death arrested

A woman accused of hiring someone to kill her wealthy Canadian husband on the U.S. Caribbean island of Puerto Rico was arrested on Sunday in Spain after being sought for five years for the alleged murder-for-hire scheme.

Moises Quinones, the FBI's spokesman in Puerto Rico, said Aurea Vazquez Rijos was arrested by Spanish police at an airport in Madrid. The Puerto Rican suspect was taken into custody as she was getting off a flight from Italy, where she has

lived for years and gave birth to another man's twins.

Abe Anhang, the victim's father, said authorities told him that Vazquez's sister and her former husband have also been charged and arrested in Puerto Rico in connection with his son's killing in 2005.

"We're hopeful that after such a long time that justice will be done," Abe Anhang said by telephone from his home in Winnipeg. "It's been almost five years since she's been a fugitive in Italy."

After Adam Anhang's murder, Vazquez refused to co-operate with investigators and filed a civil suit against her late husband's family, seeking \$1 million in damages and millions more from his estate. A judge in Puerto Rico dismissed her suit.

Anhang, 32, was beaten and stabbed to death in a popular tourist district of the Puerto Rican capital in September 2005 as he walked with Vazquez. She sustained minor injuries in the attack.

THE ASSOCIATED PRESS

## Alleged murder-for-hire

A U.S. grand jury charged Vazquez in 2008 with offering a man \$3 million to kill her husband, real estate developer and Winnipeg native Adam Anhang.

- She denied the charges but refused to co-operate with investigators and fled Puerto Rico for Italy.

## Puppets4All

Palestinian show is right up Israel's Sesame Street

Puppeteers from the Israeli version of Sesame Street are protesting Israel's closure of a Palestinian puppet festival. Ariel Doron, who plays Elmo on the Israeli version of the show, created a Facebook group named Puppets4All. Israeli police shut down the Palestinian national theatre in Jerusalem last week.

THE ASSOCIATED PRESS

## Statute of limitations up

Lawsuits against ex-Elmo puppeteer tossed out

A judge has tossed out three lawsuits brought by men who said former Elmo puppeteer Kevin Clash sexually abused them when they were underage. The judge said the claims came more than six years after each man reasonably should have become aware of Clash's alleged violations.

THE ASSOCIATED PRESS



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# City, state and nation mourn 19 firefighters

**Prescott, Ariz.** Sudden shift in wind direction and speed blamed for boosting erratic blaze

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the nation's biggest loss of firefighters in a wildfire in 80 years.

The tragedy Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the unit's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as dark a day (as) I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said U.S. President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle increasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to about 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching



The wife of a firefighter who was killed hugs her father-in-law in front of Prescott Fire Station #7 on Monday.

DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the National Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow from 80 hectares to about 800 in a matter of hours.

THE ASSOCIATED PRESS

## Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- Some of the firefighters were found inside them, while others were found outside the shelters.
- The hope in that desperate situation is that the fire will burn over them.



The Granite Mountain Hotshots practise setting up emergency shelters outside of Prescott, Ariz., in 2012. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

## South Africa. Rapt nation struggles to put its love of Nelson Mandela to words

The spelling and grammar needs work, but the message has its own eloquence.

A 10-year-old's note to Nelson Mandela, the prisoner who fought South African apartheid, or white racist rule, and became a global emblem of unity and humility, addresses him as "the greatest president are land has ever had it is really bad that you are in the hospital. But really cool that you stopt apartit. you maid are land A better place"

It is one of hundreds of messages that have been placed at two makeshift shrines by those celebrating the life and legacy of Mandela, 94, even as some lament that his life may be approaching an end.

The government said Monday that Mandela remains in "critical but stable" condition in the hospital where he was

admitted on June 8.

The hospital in downtown Pretoria is one of those pilgrimage sites; the other is his home in Houghton, a tree-lined neighbourhood in Johannesburg.

A swell of well-wishers has deposited letters, paintings, candles and flowers outside these spots, reflecting the mood of a nation whose identity is so closely linked to an ailing man out of public sight.

It is a bittersweet time for South Africa, proud of its power to reconcile amid racial conflict but struggling to fulfil expectations of a better life two decades after the end of apartheid.

The former president is visited daily by his family, and on Monday the three other surviving defendants in the trial in which Mandela was sentenced to life in prison in 1964 visited the hospital. THE ASSOCIATED PRESS

## Mandela's impact

"In 1994 I walked ... to witness your inauguration. I raised my fist as the helicopters flew over with rainbow nation streaks of smoke trailing behind them. For the first time in my life I felt patriotism and pride in the leader of my country."

One well-wisher, remembering Mandela raising his fist after being released from prison



Boys read get-well messages Monday outside the Mediclinic Heart Hospital, where Nelson Mandela is being treated. THEMBA HADEBE/THE ASSOCIATED PRESS

# No day off for flood volunteers

Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in celebration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need.

The particularly hard-hit community of Mission was abuzz Monday with dozens of volunteer restoration crews, as well as others spreading cheer by offering workers cold beer and food.

Numerous tradesmen were also out offering their work pro bono to flood victims.

"You can't even go into a house without there already being like 30 people in there helping," said Lyndee Kehler, who was volunteering in Mission on Monday with friends Nicole Swanson and Natasha Puka.

"We figured handing out beer would be a good idea," Swanson said. "It's hot out

and it's Canada Day."

The three friends, who plan to continue their volunteer efforts by heading to High River next, said they were impressed by the abundance of people supporting the volunteer workers with food, drinks and free services.

"We've been really well fed," said Puka. "There was a guy bringing shawarma and all kinds of things."

ALLISON PARDER/  
FOR METRO IN CALGARY



From left, Lyndee Kehler, Natasha Puka and Nicole Swanson celebrate Canada Day after volunteering in Mission, Alta. ALLISON PARDER/FOR METRO

## Hong Kong

### Protesters rally for self-determination

Tens of thousands of Hong Kongers took to the streets Monday, demanding their widely hated Beijing-backed leader resign and pressing for promised reforms so they can choose their own.

Leung Chun-ying, who was not elected but instead picked by a committee of mostly pro-Beijing elites, has long been beset by controversy. THE ASSOCIATED PRESS

## Tunisia

### Opposition walks out of assembly

Dozens of opposition deputies have walked out of Tunisia's constitutional assembly to protest the final draft of a new post-Arab Spring constitution.

Singing the national anthem, the dissidents forced the closure of the session. Deputy Nadia Chaabane accused the ruling party of altering the final draft.

THE ASSOCIATED PRESS



# Obama on spying: Everybody's doing it

**NSA leak.** President tries to mute blowback over eavesdropping on European allies

President Barack Obama brushed aside sharp European criticism on Monday, suggesting that all nations spy on each other as the French and Germans expressed outrage over alleged U.S. eavesdropping on European Union diplomats. American analyst-turned-leaker Edward Snowden, believed to

still be at Moscow's international airport, applied for political asylum to remain in Russia.

Russian President Vladimir Putin, in a statement he acknowledged sounded odd, told reporters in Moscow that Snowden would have to stop leaking U.S. secrets if he wanted asylum in Russia. At the same time, Putin said that he had no plans to turn over Snowden to the United States.

A statement purportedly by Snowden and posted Monday on the Wikileaks website criticized Obama for "using citizenship as a weapon." The

## Unexpected ultimatum

**"If he wants to stay here ... he must stop his activities aimed at inflicting damage on our American partners ..."**

Russian President Vladimir Putin, on allowing Edward Snowden to stay in Russia

statement could not be independently authenticated as being from Snowden himself.

Obama, in an African news conference with Tanzanian President Jakaya Kikwete, said

the U.S. would provide allies with information about new reports that the National Security Agency had bugged EU offices in Washington, New York and Brussels. But he also suggested such activity by governments would hardly be unusual.

"We should stipulate that every intelligence service ... here's one thing that they're going to be doing: They're going to be trying to understand the world better ..." he said. "If that weren't the case, then there'd be no use for an intelligence service."

THE ASSOCIATED PRESS



Barack Obama speaks at an African business forum in Dar Es Salaam, Tanzania on Monday. EVAN VUCCI/THE ASSOCIATED PRESS



## Toronto cops cool off a proud rainbow mob

A police officer is sprayed by onlookers during the 33rd annual Pride Parade in Toronto on Sunday. Standing on garbage cans and climbing atop roofs along Toronto's Yonge Street, crowds estimated in the hundreds of thousands by Toronto police sprayed water and waved rainbow flags in celebration of what has traditionally been the largest event of its kind in the country. MICHELLE SIU/THE CANADIAN PRESS

## Same-sex marriages. Gay U.S. couple the first to receive benefits: Lawyer

A Bulgarian graduate student and his American husband became the first gay couple in the nation to have their application for immigration benefits approved after the Supreme Court ruling on same-sex marriages, their lawyer said.

The approval means Traian Popov, here on a student visa, will be able to apply for a green card, and eventually U.S. citizenship. But he won't be able to work or visit his family back home for at least another three to six months while his application benefits are being processed. And his marriage to Julian Marsh, performed in New York, still won't be recognized in Florida where they live.

"It's unbelievable how that impacts you," Marsh said. "They make you feel more and more like a second-class citizen and they don't want you. And that's how I feel about Florida."

Two days after the Supreme Court struck down a provision of a federal law denying federal

benefits to married gay couples, Marsh and Popov were notified Friday afternoon that their green card petition was approved by U.S. Citizenship and Immigration Services.

The U.S. Department of Homeland Security could not immediately confirm Monday whether this case was the first. Secretary Janet Napolitano said Monday the government would start reviewing applications for green cards and other immigration benefits for same-sex couples in the wake of the Supreme Court's decision.

THE ASSOCIATED PRESS

### Just the beginning

Popov and Marsh's lawyer, Lavi Soloway of The DOMA Project, said his organization filed about 100 green card petitions for same-sex couples since 2010 and expects more to be approved in the next few days.

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## Debit-card fees. McDonald's franchise offers more payroll options after employee sues

A McDonald's franchise in Pennsylvania says it will give employees more payment options after it was sued by a former employee who says she was charged a fee to access her wages from a debit card.

Company spokeswoman Christina Mueller-Curran says employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque. Mueller-Curran says the debit card used by franchise owners

### Paid via debit card

- Former employee Natalie Gunshannon alleges she was charged \$1.50 to withdraw cash. Her suit brought attention to the practice of paying low-wage employees via debit cards that can be laden with fees.

Albert and Carol Mueller includes free withdrawals.

THE ASSOCIATED PRESS

## Digital copyright. Court puts off class-action decision in Google book-scanning fight

A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The 2nd U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in

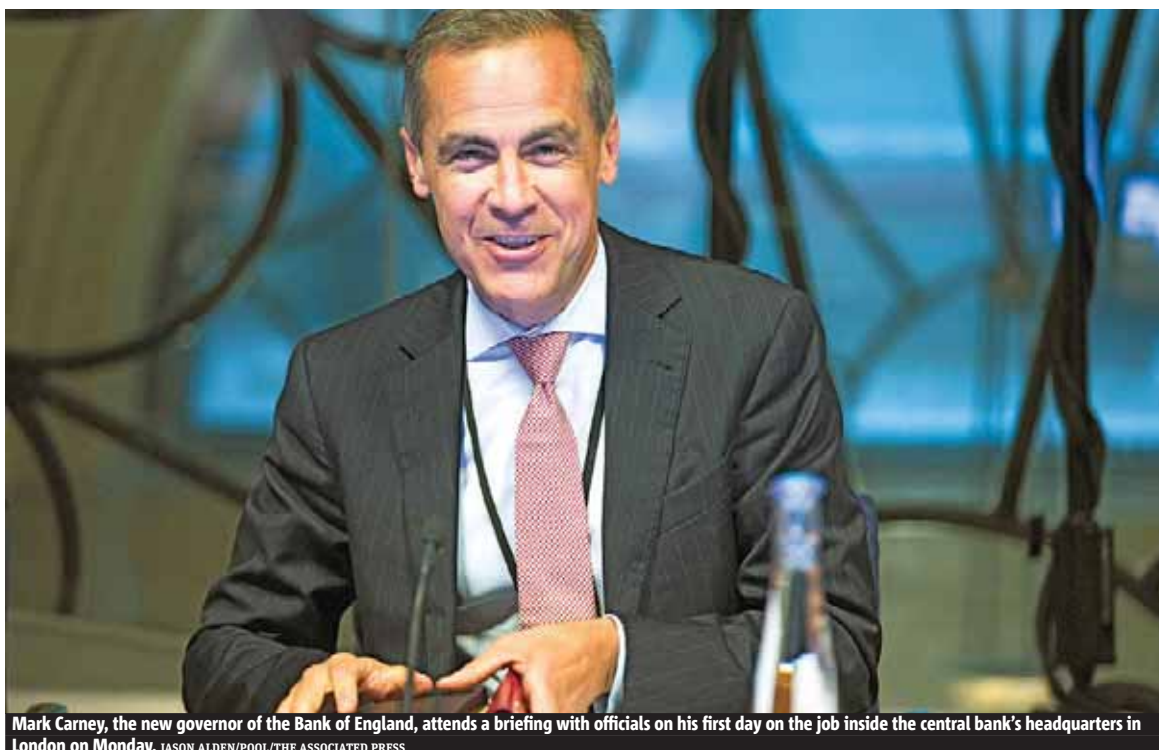
deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

One judge said it would be a "huge advantage" for many authors while another said it would have "enormous societal benefit." THE ASSOCIATED PRESS



A staff member at the University of Michigan's Buhr Shelving Facility stands amid 2.4 million books scheduled to be digitized in this 2004 file photo. A legal battle over Google's book-scanning project has been prolonged by a U.S. federal appeals court. THE DETROIT NEWS/THE ASSOCIATED PRESS FILE



Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. JASON ALDEN/POOL/THE ASSOCIATED PRESS

# It's Canada's day at the Bank of England

**Auspicious start date.** Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on

his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about \$600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for oversee-

ing the fastest recovery of any G8 country.

The new guy from Ottawa is getting hyped as a departure from his predecessor, the quiet and reserved Mervyn King, who came from the grey, serious world of central banking.

"If it is your view that central bankers are boring old people, (Carney) was not," said Benjamin Tal, the deputy chief economist at CIBC World Markets.

"He looks differently. He has all his hair. He speaks in a way that it not typical."

### Quoted

**"He's got that charisma. People will warm to him."**

Paul Kavanagh, senior market strategist for Killik & Co.

Most central bankers keep analysts busy parsing what they say — much in the style of former U.S. Federal Reserve Chairman Alan Greenspan — but Carney is known for his wit and informed clarity.

THE ASSOCIATED PRESS

## Online budget consultations flop

A federal experiment in digital democracy has flopped, with critics saying it was never anything more than a gimmick in the first place.

Since 2006, Finance Minister Jim Flaherty has conducted annual pre-budget consultations with Canadians via the web, asking for electronic input into the country's fiscal blueprint.

In launching so-called e-consultations when the Conservatives first came to power more than seven years ago, Flaherty said the "new government is taking accountability and openness to a higher level." But the

### Quoted

**"This is sort of a way to create the illusion of reaching out or encouraging some sort of democratic intercourse. It's very disingenuous."**

Jason Lacharite, political science professor, University of Northern British Columbia in Prince George

online consultations never drew more than 7,760 submissions, at their peak in 2007. The response rate has fallen sharply since then, with the exception of the round leading to the pivotal Jan. 27, 2009, budget, designed to respond to the

global meltdown and recession. The number of submissions hit 7,421 for that year.

And the latest round for the 2013 budget attracted a paltry 642, the second-lowest after the 600 received for budget 2010.

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# BREAKING BREAD OR DEAL-BREAKING?

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme-eating



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the types of lifestyles we want to lead. Food can be ideological, and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy.

I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

## Celebrity facemash



### Mashup photography

### Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

### Q&A

### "Like solving a human puzzle"

**MARC GHALI**  
Freelance designer/media content manager, 30, from Toronto

### How would you describe your photos?

I would use just one word: Juxtapose.

It must have taken you a

### long time to find similar celebs and compositions in the original photos.

It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

**These pictures suggest that the doppelgängers share and take on each other's personal identities ...**

People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.**

### Point of Inquiry:

Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

### John Locke Lectures:

Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.



There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

### In Our Time:

While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.

### Twitter

**@BrentButt:** HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

**@Cmdr\_Hadfield 7h:** Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh,Canada!"

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

**@TypeACubed:** Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada <http://zite.to/1b1PBtf> via @zite

**@PMJAMacdonald:** Another annexation-free year is complete! Happy Dominion Day everybody!

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



## DVD Reviews

### 56 Up

**Stars.** Michael Apter  
**Directors.** Michael Apter,  
Paul Almond

The good news about 56 Up, the latest in Michael Apter's septennial life assessments: the series' 13 well-scrutinized participants are all still alive and mostly content. The bad news: what they're doing isn't all that interesting. More than ever in this seventh edition, the Up people seem to be living bland lives of quiet desperation. One exception is Liverpoolian Neil Hughes, the lost soul of the Up brigade. Fighting mental illness since his teen years, he's struggled through ups and downs that left him homeless at 28 and still restless at 56.

### I Declare War

**Stars.** Siam Yu, Gage Munroe  
**Directors.** Jason Lapeyre



I Declare War zips along like bullets fired from a child's machine gun. Reactions are equally kinetic, as we try to figure out if we're watching reality or fantasy. It's about a game of neighbourhood Capture the Flag staged by military-minded kids, all about age 13, that turns deadly serious. It may also turn physically deadly, because we see them using what appear to be real guns, grenades and rough instruments of torture. We only hope that the kids are engaged in a violent fantasy. **PETER HOWELL**

## Cinema Review



### Despicable Me II

**Stars.** Steve Carell, Kristen Wiig

**Directors.** Pierre Coffin, Chris Renaud

# How Mrs. Funbags made a comedy

**On-set antics.** With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making The Way, Way Back

**NED EHRBAR**

Metro World News in Hollywood

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for The Way, Way Back, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of The Way, Way Back — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Collette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a Waiting for Guffman, like a completely improvised movie — although that would be



Sam Rockwell, left, Liam James and Maya Rudolph in The Way, Way Back. GETTY IMAGES

fun, too. It's just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming The Way, Way Back, which is understand-

able since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for

## Teen in the mix

### Old helping the young.

The Way, Way Back is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

### Maya Rudolph's method.

"We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

## Box Office news

### \$40M ladies bring The Heat

Sandra Bullock and Melissa McCarthy brought The Heat against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned \$40 million in its opening weekend, topping the \$25.7M debut haul of Foxx and Tatum's White House Down.

THE ASSOCIATED PRESS

## Comics. Sandman returns under the skilled hand of Neil Gaiman

The Sandman is returning to Vertigo comics under the influence of writer Neil Gaiman.

Shelly Bond, executive editor of the imprint of DC Entertainment, said Monday that Gaiman is working with artist J.H. Williams III to tell stories of Morpheus' world before he was captured. Titled The Sandman:

Overture, the new series will appear bi-monthly starting Oct. 30 in comic shops and digitally, too. Gaiman last penned stories in the realm of the Endless more than a decade ago. His original telling of Sandman has sold more than seven million copies in nine languages.

THE ASSOCIATED PRESS

Despite the humdrum story Despicable Me 2 is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family.

RICHARD CROUSE



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Pop Goes the Week



## Kardashian conspiracies, boy band beatdowns and a Kick-Ass conscience



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

• Singer Aaron Carter, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• Jim Carrey says he cannot in good conscience support his new movie Kick-Ass 2 due to the level of violence. In unrelated news, Will Smith admits he can no longer support After Earth due to the level of terrible.

• Arnold Schwarzenegger will play a leading role in an upcoming zombie movie. Possible tag lines

include:

- 1) "Hasta gnaw vista, baby."
- 2) "If it bleeds, we can eat it."
- 3) "Put that brain down. Now."
- 4) "It's not a tumour. But if it is, I'll eat that too."
- 5) "Consider cat a first course."
- 6) "I'll be snack."

• Kim Kardashian reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on Solving Pre-Crime With The Kardashians: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?

• Anne Rice defends Paula Deen by writing on Facebook, "It's so easy to persecute an older, overweight, unwise, crude, ignorant woman who may very well be a good person at heart." "Wow," says everyone on Paula's PR team. "We didn't think we could have done a worse job, but obviously that's not true. High five!"



Jessica Simpson ALL PHOTOS GETTY IMAGES

## Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for

Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

## Lopez loses cred for crooning to infamous dictator



Jennifer Lopez

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

## Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn

site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."



Paula Deen

## Pepper Domestic Short Hair

Originally found stray, we don't know Pepper's history. At six years old, she is outgoing, friendly and loves being the centre of attention immediately greeting visitors with an inviting 'meow' hello. She's a smart, inquisitive girl who loves to be scratched. Playful and lively, Pepper enjoys her toys. While she gets along with her feline roommates, she likes to be the boss and would do well in a home where she is the only feline friend. We hope to shape her future by connecting her with a person or family who will give her the respect, love and kindness that she deserves.



For more information on Pepper and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# How to fix your metabolism

**Food.** Nutritionist Haylie Pomroy's bestselling The Fast Metabolism Diet claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA  
MCGUINNESS  
wellness@metronews.ca

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of The Fast Metabolism Diet, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to

eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

## When on the diet you must

- 1 Eat 5 times a day: 2 snacks & 3 meals
- 2 Eat every 3 to 4 hours when awake
- 3 Eat within 30 minutes of waking
- 4 Stay on the plan for the full 28 days
- 5 Stick to the foods allowed in each phase
- 6 Drink half of your body weight in ounces of water, every day



## Day 1&2: Phase 1

**HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS**

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

## FOOD LIST

Sweet potato, kale, pineapples, cherries, mangos, brown rice, spelt pretzels, corned beef

## DAY 3&4: Phase 2

**HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES**

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

## FOOD LIST

Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.



## DAY 5-7: Phase 3

**UNLEASH THE BURN: HIGH FAT + LOW CARB + LOW PROTEIN = THE BURN**

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

## FOOD LIST

Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

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# Grilling: not just for carnivores

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn on-

## Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

ions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well

to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture

between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

## Health Solutions

### Watered down



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it? Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.

Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.

- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simply slice and refrigerate.

- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.

- Freeze any leftover berries in ice cubes and add to a glass of water.

- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



# Panko updates classic Fried Green Tomatoes

The recipe ticks fairly close to tradition but adds a fascinating modern ingredient: panko.

1. Bring pot of water to a boil. Fill a bowl with ice water.

2. In a tall pot, pour at least 2 inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 F (200 C).

3. Use a paring knife to cut the core out of each tomato.

4. Once water is boiling, add

## Ingredients

- Canola oil, as needed for deep-frying
- 2 medium green tomatoes
- 5/8 cup (100 grams) cornmeal
- 1/3 cup (25 grams) panko bread crumbs
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 cup cultured buttermilk
- 1/4 cup (2 eggs) blended whole eggs
- Salt, to taste



This recipe serves four as a side dish. MATTHEW MEAD/ THE ASSOCIATED PRESS

tomatoes and blanch 1 minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4 inch thick.

5. In a wide, shallow bowl mix the cornmeal, panko, black pepper and cayenne. In a second wide, shallow bowl, whisk buttermilk and eggs.

6. Dredge the tomato slices first through the buttermilk mixture, then the panko mixture to thoroughly coat them.

7. When oil has reached 390 F, working in batches of 3 slices, carefully fry the tomatoes for 2 minutes, or until golden brown. Use a slotted spoon to transfer the tomatoes to a paper towel-lined plate and season with salt.

THE ASSOCIATED PRESS

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# A lesson in fixed vs. variable rate mortgages



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited

Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders. The appeal of the fixed rate will only grow with the flurry of talk about impending interest rate increases.

Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadianmortgagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a \$200,000 mortgage keeps about \$2,000 after tax dollars in your pocket in the

## In numbers

# 20

On average, Canadians expect to pay off their mortgages in 20 years.

first year and saves nearly \$32,000 in interest costs over a 25-year amortization.

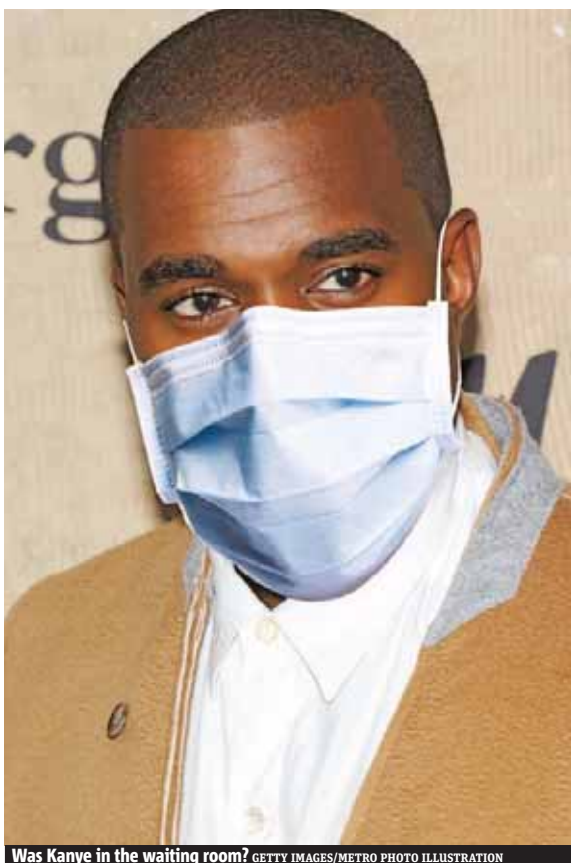
Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a \$200,000 mortgage an extra \$50 cuts two years off the life of the mortgage and saves nearly \$7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of \$1,500, and the mortgage is gone in 21 years with interest savings of nearly \$15,500.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES

# Delivery-room dads: Accessory or necessity?



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION

**Trend.** Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

**ROMINA MCGUINNESS**  
[romina.mcguinness@metro.lu](mailto:romina.mcguinness@metro.lu)

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge.

One comment on Yahoo.com, read, "That dude weak as #@%\$. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was there. But does a man need to be in the delivery room?

## Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of *The Expectant Dad's Handbook*, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.

"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

## The hormones of

## labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help. "It's best for him to stay away because otherwise he's effectively bringing the adrenalin into the delivery room, which could be detrimental to the birth," warns Beaumont. To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenalin, a hormone produced by fear. So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenalin. This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenalin, which will then stall her labour," he explains.

**The optimal birth:  
+ trust = - stress**

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up."

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan.

"The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula," she adds.

## And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees, "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."



NHL draft

## Draft goes from gut-wrenching to joy for Weegar

After more than six hours of anticipation, MacKenzie Weegar was on the verge of giving up.

There with his mom and uncle by his side at Sunday's NHL draft in Newark N.J., the Halifax Mooseheads defenceman had heard 205 names called, none of which were his.

Five more picks and the moment Weegar had worked years for would be over and he would be heading home devastated.

But then the Florida Panthers used their 206th selection on the 19-year-old.

"There was a point when I started to slowly get down on myself," Weegar said. "My mom wasn't talking the whole day, she was biting her nails. Then she just jumped up with a big smile on her face."

Paul Gallagher, Florida's Cole Harbour-based scout, played a large role in the selection.

"He needs to get a little quicker," Gallagher said. "But he has great puck presence and great puck poise."

Weegar says he's willing to do what it takes.

"I have to work on everything, especially footwork and speed and I'll be focusing on that this summer and hoping that next season the scouts will see that I have made big improvements," he said.

ANDREW RANKIN/METRO



MacKenzie Weegar was drafted by Florida on Sunday. GETTY IMAGES

# 'Unbelievable' day for Mooseheads pair

**Monumental moment.** Dynamic duo leads Halifax foursome drafted over weekend



ANDREW RANKIN

andrew.rankin@metronews.ca

The Colorado Avalanche said they wanted Nathan MacKinnon and they used their first overall pick to get the Cole Harbour native at Sunday's NHL draft.

After hearing his name called, the 17-year-old Halifax Moosehead was all smiles as he embraced his family before joining the Avs brass at the Prudential Center in Newark N.J.

"This is unbelievable," MacKinnon told TSN. "I'm so excited to be part of the Colorado Avalanche. I can't wait to get to training camp."

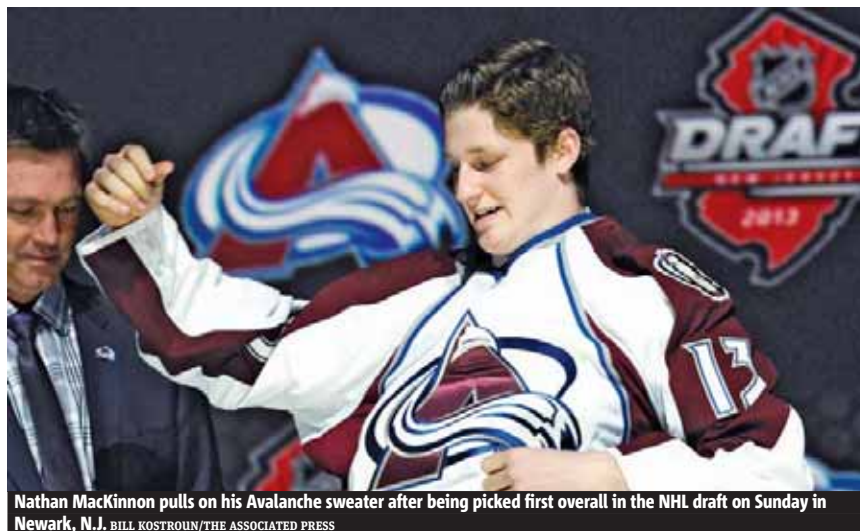
The decision finally put an end to mounting questions about whether MacKinnon or American defenceman Seth Jones would go No. 1. Jones ended up going fourth overall to the Nashville Predators.

Joe Sakic, Colorado's executive vice-president of hockey operations, said he's excited about the prospect of MacKinnon and star centre Matt Duchene leading the Avalanche's top two lines.

"He has the most skill, the most explosive speed of everyone in the draft," Sakic said.

As expected, MacKinnon's former linemate Jonathan Drouin was selected third by the Tampa Bay Lightning.

"I think it's a good fit," Drou-



Nathan MacKinnon pulls on his Avalanche sweater after being picked first overall in the NHL draft on Sunday in Newark, N.J. BILL KOSTROUN/THE ASSOCIATED PRESS

## Avalanche of emotion

"I kind of blacked out for a second, but it's so cool. They have such a promising team and such good young talent, and hopefully I can be a part of that."

Cole Harbour's Nathan MacKinnon after being drafted first overall by Colorado

in said. "They've got young prospects, great old players, too, that are experienced, and I think it's the best fit for me."

Surprisingly, Mooseheads goalie Zach Fucale, a projected lock for the first round, ended up being drafted by his hometown Montreal Canadiens in the second round, 36th overall.

Fucale was quick to downplay being picked later than



Jonathan Drouin pulls on a Lightning sweater after being selected third overall in the first round of the NHL draft on Sunday. BILL KOSTROUN/THE ASSOCIATED PRESS

expected.

"No matter what round, goalie, forward or D, in the end the goal stays the same, that's to play in the NHL," Fucale said.

Herd defenceman MacKenzie Weegar was picked 206th in

the seventh and final round by the Florida Panthers.

Fellow Mooseheads defenceman Matt Murphy, projected a mid-to-deep pick, went undrafted.

WITH FILES FROM THE CANADIAN PRESS



Mooseheads goalie Zachary Fucale was drafted by his hometown Montreal Canadiens at Sunday's NHL draft. AMIE SQUIRE/GETTY IMAGES

## NHL. Fucale still wrapping his head around professional hockey habitat

Zachary Fucale was still smiling on Monday morning.

Less than 24 hours after being selected 36th overall by the Montreal Canadiens at Sunday's NHL draft, the Halifax Mooseheads' netminder rolled over in his bed, glanced at his jersey and grinned.

"(Sunday), you don't realize what's going on," said the Montreal native. "When you wake up, it really hits you for real. (Monday) morning I woke up with a big smile on my face."

No matter what, Fucale said

he and the legion of family and friends who joined him in Newark, N.J., were determined to enjoy the moment without high expectations.

"Every little kid growing up dreams of playing for the Montreal Canadiens. I can't ask for much better," the 18-year-old said.

One of his more memorable moments came just after he was drafted, when he passed former Habs forward and current Mooseheads majority owner Bobby Smith en route to

the table where the Canadiens brass sat.

"Then you realize that he played for the Canadiens, too, that was special. It's such a prestigious organization," Fucale said.

But he doesn't have much time to bask in happy memories. The Canadiens' development camp starts on Tuesday, followed by the world junior camp. The list goes on.

"There's not much rest — it just keeps rolling along," he said. ANDREW RANKIN/METRO





Jose Reyes celebrates with Jose Bautista after hitting a solo home run in the third inning of the Blue Jays' game against the Detroit Tigers on Monday in Toronto. The Jays won 8-3. TOM SZCZERBOWSKI/GETTY IMAGES

# Blue Jays bats provide fireworks on Canada Day

**MLB.** DeRosa, Reyes supply home runs in win over Tigers

Mark DeRosa is the first to admit he isn't exactly an intimidating batter.

DeRosa, a 38-year-old bench player the Blue Jays added this season for depth, has been dealing with a sore neck and a slump at the plate in which he hadn't had a hit since June 18 against Colorado.

So when an injury forced first baseman Adam Lind out of the roster, DeRosa found himself filling in Monday. Even more unexpected was his No. 4 spot in the batting order.

**On Monday**

**8**

Blue Jays

**3**

Tigers

But no one was more surprised than the Detroit Tigers when DeRosa launched a three-run homer — an exclamation point in Toronto's 8-3 victory against the American League champions.

"I've always been a guy who likes to work the ball the other way and it's been frustrating over the last couple weeks," DeRosa said.

"You know, flying open, striking out and grounding

out to short. Doing things that I pride myself on being a quality at-bat. Definitely hitting fourth was not on the agenda coming into the season."

DeRosa had plenty of help during a festive Canada Day game at Rogers Centre.

Shortstop Jose Reyes, who made his first appearance at home since April before he was put on the disabled list with a severely sprained left ankle, hit his second home run in two games.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings. **THE CANADIAN PRESS**

**NHL**

## Thomas interested in comeback

Goalie Tim Thomas is open to resuming his career after taking a season off, his agent says.

Bill Zito confirmed Monday night that Thomas asked him to explore what teams might be interested in the two-time Vezina Trophy winner once the NHL's free-agency period opens Friday. Zito stressed Thomas is assessing his options before deciding whether he'll return to play.

Thomas, 39, spent last season on the New York Islanders in name only. The Islanders acquired Thomas in a trade with Boston after the Bruins suspended him for failing to report to training camp.

The Islanders traded for Thomas to have the final year of his contract count for \$5 million against their salary cap to meet the league's mandated \$44-million minimum.

**THE ASSOCIATED PRESS**



Tim Thomas

GETTY IMAGES FILE

## Tennis. Serena bows out of Wimbledon after win streak snapped by Lisicki

Serena Williams sounded far less surprised than almost everyone else that her 34-match winning streak ended in the fourth round at Wimbledon.

Williams, seeded No. 1 and a five-time Wimbledon champion, led 3-0 and 4-2 in the final set against 23rd-seeded Sabine Lisicki on Monday and in those circumstances it was a shock that she could not close it out.

"Come on, guys, let's get with it. She's excellent," Williams said. "She's not a pushover."

Williams had gone unbeaten — and generally looking unbeatable — for 4 1/2 months, until she lost the last four games and was beaten 6-2, 1-6, 6-4.

The demise of the longest winning streak in women's tennis since 2000 was fitting for this unpredictable Wimbledon, where seedings and pedigree have meant nothing whatsoever.

"Didn't play the big points good enough," Williams said. "I didn't do what I do best."

Williams was passive in crunch time and essentially let Lisicki dictate points quick-



Serena Williams lost for the first time in 35 matches on Monday at Wimbledon. GETTY IMAGES

ly with big serves, powerful returns and pinpoint groundstrokes. The German compiled a 10-7 edge in aces, a 35-25 lead in winners, and broke Williams five times.

Two days before facing Williams, Lisicki insisted she did not consider it an impossible task.

"You have to play your best to beat her, that's for sure," Lisicki said Saturday, after advancing to the fourth round, "but, you know, everybody's (a) human being."

**THE ASSOCIATED PRESS**

**MLB**

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	50	34	.595	—
Baltimore	47	36	.566	2½
Tampa Bay	44	39	.530	5½
New York	43	39	.524	6
Toronto	41	41	.500	8

#### CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	44	38	.537	—
Detroit	43	38	.531	½
Kansas City	38	41	.481	4½
Minnesota	36	43	.456	6½
Chicago	32	47	.405	18½

#### WEST DIVISION

	W	L	Pct	GB
Texas	48	34	.585	—
Oakland	48	35	.578	½
Los Angeles	39	43	.476	9
Seattle	35	47	.427	13
Houston	30	53	.361	18½

#### Monday's results

Toronto 8 Detroit 3  
Tampa Bay 12 Houston 0  
N.Y. Yankees 10 Minnesota 4

#### Sunday's results

Boston 5 Toronto 4  
Tampa Bay 3 Detroit 1  
Baltimore 4 N.Y. Yankees 2  
L.A. Angels 3 Houston 1  
Texas 3 Cincinnati 2  
Oakland 7 St. Louis 5  
Chicago Cubs 7 Seattle 6  
Kansas City 9 Minnesota 8  
Cleveland 4 Chicago White Sox 0

#### Tuesday's games

**All times Eastern**  
Detroit at Toronto, 7:07 p.m.  
San Diego at Boston, 7:10 p.m.  
Seattle at Texas, 8:05 p.m.  
Baltimore at Chicago White Sox, 8:10 p.m.  
N.Y. Yankees at Minnesota, 8:10 p.m.  
Tampa Bay at Houston, 8:10 p.m.  
Cleveland at Kansas City, 8:10 p.m.  
Chicago Cubs at Oakland, 10:05 p.m.  
St. Louis at L.A. Angels, 10:05 p.m.

### NATIONAL LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Atlanta	48	34	.585	—
Washington	42	40	.512	6
Philadelphia	39	44	.470	9½
New York	33	45	.423	13
Miami	30	51	.370	17½

#### CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	51	30	.630	—
St. Louis	49	32	.605	2
Cincinnati	47	36	.566	5
Chicago	35	45	.438	15½
Milwaukee	32	49	.395	19

#### WEST DIVISION

	W	L	Pct	GB
Arizona	42	39	.519	—
Colorado	41	42	.494	2
San Diego	40	43	.482	3
San Francisco	39	43	.476	3½
Los Angeles	38	43	.469	4

#### Monday's results

Miami 4 San Diego 0  
Cincinnati 8 San Francisco 1 (6 inn.)  
Washington 10 Milwaukee 5  
Arizona at N.Y. Mets

#### Sunday's results

San Francisco 5 Colorado 2  
Miami 6 San Diego 2  
Atlanta 6 Arizona 2  
Washington 13 N.Y. Mets 2  
Pittsburgh 2 Milwaukee 1 (14 inn.)  
L.A. Dodgers 6 Philadelphia 1

#### Tuesday's games

**All times Eastern**  
Milwaukee at Washington, 7:05 p.m.  
Philadelphia at Pittsburgh, 7:05 p.m.  
San Francisco at Cincinnati, 7:10 p.m.  
Arizona at N.Y. Mets, 7:10 p.m.  
Miami at Atlanta, 7:10 p.m.  
L.A. Dodgers at Colorado, 8:10 p.m.  
**Wednesday's games**  
Milwaukee at Washington, 6:05 p.m.  
Philadelphia at Pittsburgh, 7:05 p.m.  
San Francisco at Cincinnati, 7:10 p.m.  
Arizona at N.Y. Mets, 7:10 p.m.  
Miami at Atlanta, 7:10 p.m.  
L.A. Dodgers at Colorado, 8:10 p.m.

**CFL**

### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Montreal	1	1	0	0	38	33	2
Toronto	1	1	0	0	39	34	2
Hamilton	1	0	1	0	34	39	0
Winnipeg	1	0	1	0	33	38	0

### WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	1	1	0	0	39	18	2
Calgary	1	1	0	0	44	32	2
B.C.	1	0	1	0	32	44	0
Edmonton	1	0	1	0	18	39	0

### Thursday's games

#### All times Eastern

Winnipeg at Montreal, 7 p.m.

Toronto at B.C., 10 p.m.

#### Friday's game

Calgary at Saskatchewan, 9 p.m.

#### Sunday's game

Edmonton at Hamilton, 5 p.m.

**MLS**

### EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	4	2	27	21	29
New York	8	6	4	25	22	28
Philadelphia	7	5	5	27	26	26
Kansas City	7	5	5	23	17	26
Houston	6	6	5	19	18	23
New England	5	5	6	19	21	21
Columbus	5	7	5	21	21	20
Chicago	5	7	3	15	21	18
Toronto	2	8	6	14	21	12
D.C.	2	12	3	8	27	9

### WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	10	5	3	27	16	33
Dallas	8	3	6	27	22	30
Portland	7	1	9	28	16	30
Vancouver	7	5	4	26	24	25
Los Angeles	7	7	3	25	21	24
Colorado	6	7	5	21	22	23
Seattle	6	5	3	19	17	21
San Jose	5	7	6	18	27	21
Chivas USA	3	10	3	15	31	12

#### Sunday's results

New York 2 Houston 0

#### Wednesday's games — All times Eastern

Montreal at Toronto, 7 p.m.  
San Jose at Chicago, 8:30 p.m.  
Vancouver at Kansas City, 9 p.m.  
Philadelphia at Salt Lake, 10 p.m.  
D.C. at Seattle, 10 p.m.  
**Thursday's games**  
Chivas USA at Dallas, 9 p.m.  
New York at Colorado, 9:30 p.m.  
Columbus at Los Angeles, 10:30 p.m.



## Horoscopes

### Aries

March 21 - April 20

Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

### Taurus

April 21 - May 21

You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

### Gemini

May 22 - June 21

With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

### Cancer

June 22 - July 23

Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

### Leo

July 24 - Aug. 23

Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

### Virgo

Aug. 24 - Sept. 23

Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

### Libra

Sept. 24 - Oct. 23

You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

### Scorpio

Oct. 24 - Nov. 22

You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

### Sagittarius

Nov. 23 - Dec. 21

You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

### Capricorn

Dec. 22 - Jan. 20

Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

### Aquarius

Jan. 21 - Feb. 19

If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

### Pisces

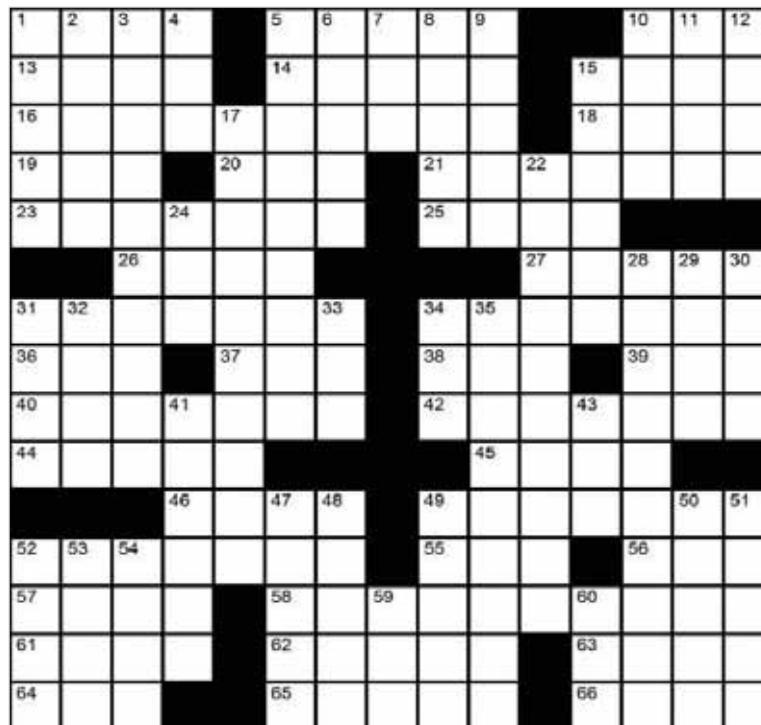
Feb. 20 - March 20

A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Jennifer or Cynthia (Canadian actresses/sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one \_\_\_ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady \_\_\_
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed \_\_\_ Theatre
36. King, in Portugal
37. Actor, Daniel \_\_\_ Kim
38. "Either he goes \_\_\_ go!"
39. Comedy's Mr. Howard
40. "\_\_\_ X" (1992)
42. Physicians
44. Edgar \_\_\_ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian



- Snowbird Association member, perhaps
55. Men's deodorant brand
56. Coin of Vietnam
57. Desktop symbol
58. Suburbs area of Montreal: 2 wds.
61. Electrical resistance units

62. Made level
63. 50 Cent hit: "\_\_\_ Club"
64. Lake temperature tester
65. Have a hunch
66. Broadway musical, Rock of \_\_\_

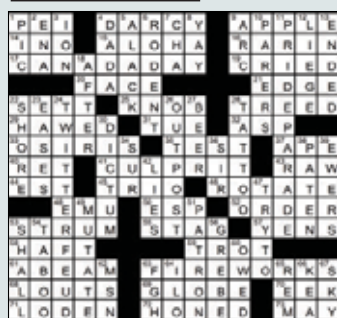
### Down

1. Journalist Ms. Sawyer
2. Void
3. Alanis Morissette's is 'Jagged': 2 wds.
4. 'Legal' suffix (Lawyer-speak)
5. Instrument of government, The \_\_\_

6. Get a new tenant
7. Ms. DeGeneres, to pals
8. Spanish architect, Antoni \_\_\_
9. Chef on ABC's "The Chew", Michael \_\_\_
10. 'Wild' animal
11. Mine entrance

12. SYTYCD judge Ms. Murphy
15. "Star Trek" role
17. O Rh Negative giver: 2 wds.
22. Severe storm systems
24. "\_\_\_ Mine" by The Beatles
28. Montreal designer who is a Member of the Order of Canada: 2 wds.
29. Ancient stringed instrument
30. He's opposite
31. "\_\_\_ la Douce" (1963)
32. Breakfast
33. Bill Clinton, e.g.
34. 1960s hipster
35. It gives PEI's soil its reddish colour: 2 wds.
41. Pioneer houses
43. Mai \_\_\_ (Cocktail)
47. Mr. Ginchich's
48. John \_\_\_ (Tractor company)
49. Pals
50. \_\_\_ (Spelled-out cable network)
51. Carbonated beverages
52. Donnybrook
53. Ontario's Bon \_\_\_ Provincial Park
54. Voluminous book
59. Earth's lightbulb
60. Irish coronation stone, \_\_\_ Fail

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



Today

17°/13°

Rain

60%

Wednesday

24°/16°

Rain

70%

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# TOP 104 CANUCK ROCKERS

As voted by YOU at [www.Q104.ca](http://www.Q104.ca)  
in honour of Canada day!

## #1 Rush

2. April Wine
3. The Tragically Hip
4. Neil Young
5. The Guess Who
6. The Trews
7. Bryan Adams
8. Matt Mays + El Torpedo
9. Nickelback
10. Bachman-Turner Overdrive
11. Our Lady Peace
12. Kim Mitchell
13. Triumph
14. Trooper
15. Matt Minglewood
16. Three Days Grace
17. The Jeff Healey Band
18. The Stanfields
19. David Wilcox
20. The Band
21. The Joel Plaskett Emergency
22. Sloan
23. Blue Rodeo
24. Max Webster
25. Theory Of A Deadman
26. Tom Cochrane
27. Big Wreck
28. Colin James
29. Steppenwolf
30. Honeymoon Suite
31. Loverboy
32. Helix
33. Red Rider
34. Sam Roberts Band
35. Barenaked Ladies
36. The Tea Party

37. Matthew Good Band
38. Headpins
39. I Mother Earth
40. Platinum Blonde
41. Heart
42. Big Sugar
43. Billy Talent
44. Chilliwack
45. 54.40
46. Saga
47. Lee Aaron
48. Joni Mitchell
49. Edwin
50. Streetheart
51. Finger Eleven
52. Thornley
53. Hedley
54. Treble Charger
55. The Sheepdogs
56. Headstones
57. Prism
58. Coney Hatch
59. Monster Truck
60. Oakley
61. Great Big Sea
62. The Stampeders
63. My Darkest Days
64. Lighthouse
65. Gloryhound
66. Sass Jordan
67. Harlequin
68. The Danger Bees
69. Doug & The Slugs
70. Burton Cummings
71. Robbie Robertson

72. Wintersleep
73. Aldo Nova
74. Toronto
75. The Watchmen
76. Alanis Morissette
77. Frank Marino & Mahogany Rush
78. The Novaks
79. Crash Test Dummies
80. Two Hours Traffic
81. Matt Andersen
82. City And Colour
83. Alert The Medic
84. Anvil
85. Metric
86. Killer Dwarfs
87. The Stogies
88. Hollerado
89. Geddy Lee
90. Alexisonfire
91. The Pursuit Of Happiness
92. Kick Axe
93. Sum 41
94. Econoline Crush
95. Sandbox
96. A Foot In Cold Water
97. Myles Goodwyn
98. Blood, Sweat & Tears
99. Arkells
100. Amanda Marshall
101. Crowbar
102. The Northern Pikes
103. Five Man Electrical Band
104. The Odds